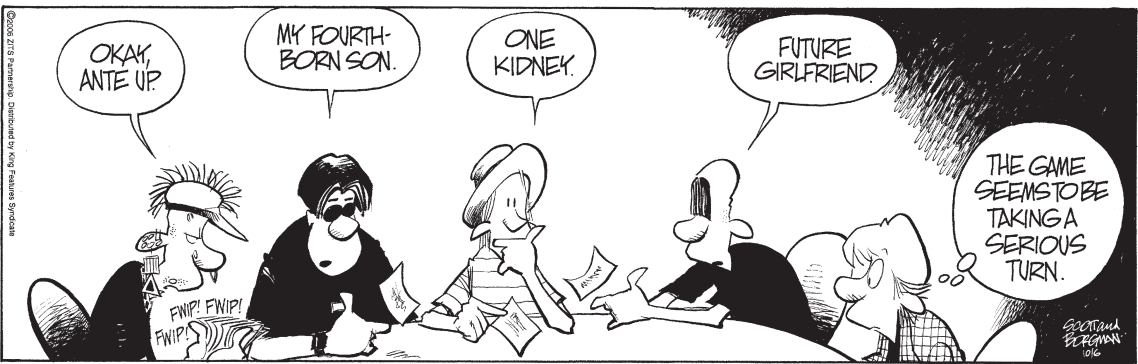


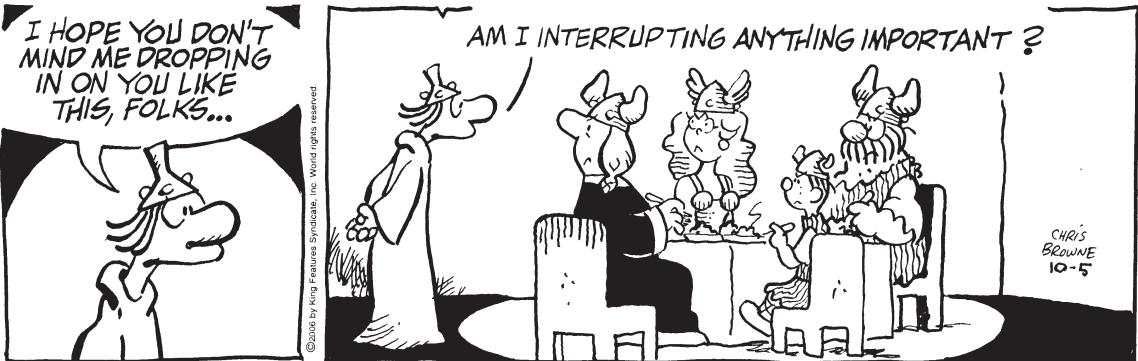
Sally Forth • Greg Howard



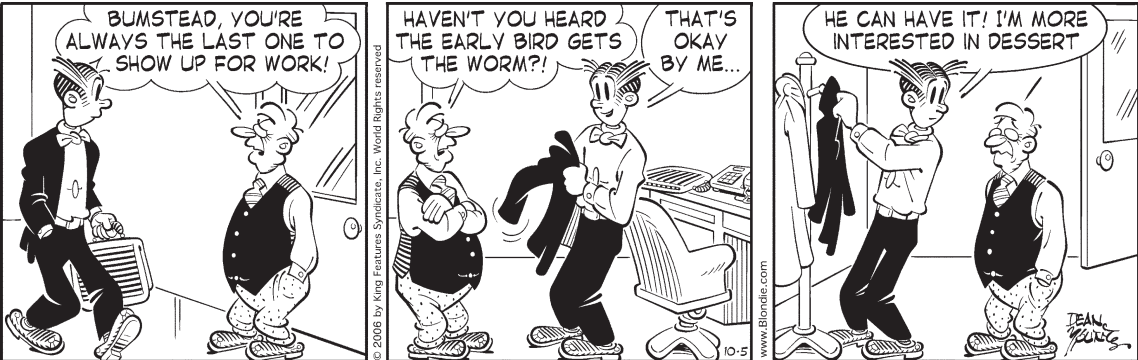
Zits • Jim Borgman & Jerry Scott



Hagar the Horrible • Chris Browne



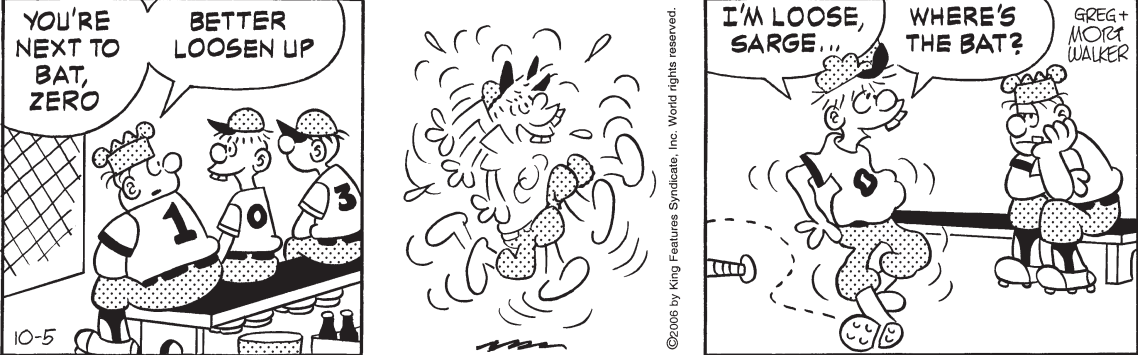
Blondie • Chic Young



Blondie • Chic Young



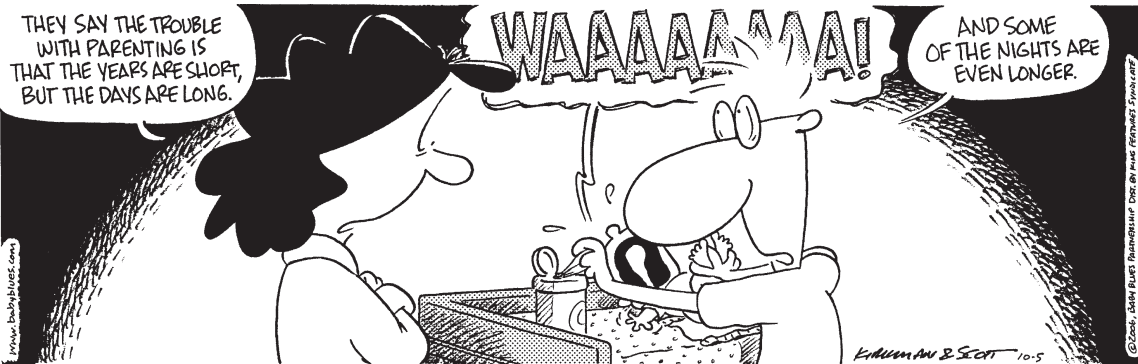
Beetle Bailey • Mort Walker



Baby Blues • Rick Kirkman & Jerry Scott



Baby Blues • Rick Kirkman & Jerry Scott



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Cryptoquip

HV Q PIQUT-ZEIAAHL D
UXJLI HB GHXIZ JV TIX
AHVI HL DILIXQA, HB BTI
Q BQLZ EHGUT PJXIZ?
Yesterday's Cryptoquip: WHEN MY BELOVED OLD FERN FINALLY STARTS TO DIE, I MAY HAVE TO BID IT A FROND FAREWELL.
Today's Cryptoquip Clue: V equals F

Are you experiencing job burnout?

Lots of people go around saying they hate their job, or that they are terminally bored. But for many, job burnout is a serious issue that can lead to depression and loss of work and income. How well do you know the warning signs of job burnout, and what can be done about it, if anything? Take this quiz and find out.

1. There's no real difference between just being bored at work and suffering from job burnout. Burnout is nothing more than a whole string of boring days.
TRUE () FALSE ()
2. Burnout on the job is a result of the work not meeting your real needs.
TRUE () FALSE ()
3. Although burnout has emotional roots, it can be identified through several physical symptoms.
TRUE () FALSE ()
4. People who are perfectionists are likely to be better able to avoid burnout.
TRUE () FALSE ()
5. Those in service professions are especially at risk for job burnout.
TRUE () FALSE ()
6. Since burnout is mostly in the mind, physical methods to avoid or lessen the symptoms can't have much long-term effect.
TRUE () FALSE ()
7. For some people, a vacation is the worst way to treat job burnout.
TRUE () FALSE ()

Answers

1. FALSE. Boredom strikes most workers every so often, especially if their job is repetitive or they have been at the same workplace for a long time and rarely have new experiences and chal-



Dr. Joyce Brothers

Ask Dr. Brothers

- lenges coming into their lives. Burnout is an entirely different thing. It can strike someone who does a different task every single day, or who has only been on the job a few years or even a few months.
2. TRUE. The crucial aspect separating simple boredom from job burnout is having a job that does not fit the image you have of yourself or use the skills and abilities that make working feel worthwhile. The person who says of his job, "I can't believe they pay me to do this!" might occasionally face a boring day, but that worker is unlikely to become burned out.
 3. TRUE. Most people who are in the grip of job burnout have one or more symptoms that just don't go away. Depression, insomnia, irritability, fatigue, headaches, memory problems and inability to concentrate are all possible markers of burnout.
 4. FALSE. Perfectionists are actually more likely to be susceptible to job burnout than people with less lofty expectations of themselves. The inability to attain goals is very stress-provoking. Perfectionists are not able to settle for a job well done, but keep pushing themselves harder and harder until burnout is almost inevitable.
 5. TRUE. Service professions attract people who typically are able to put other people's needs ahead of their own. As the client's needs begin to outstrip the ability

of the caregiver or teacher or customer-service rep to meet them, burnout is likely to develop. Signs are an increasing resentment of what is asked of the worker, plus a cynical or uncaring attitude that is not characteristic of the service worker's normal personality.

6. FALSE. Physical exertion is one of the best ways to head off or save oneself from the ravages of burnout, which can include high blood pressure, heart attack and stroke. The golden triumvirate of good diet, regular exercise and adequate sleep will be necessary for attacking the problem.

7. TRUE. Strange, but true. If you are the kind of person who can't delegate, you will probably be too paranoid about losing your job or falling further behind to take a truly restful vacation.

The work either goes along with you on vacation (via cell phone, e-mail, etc.), or else you indeed slip further behind because once out of the office, you can't bear to think about the job, and going back will probably mean that someone else has taken up the slack and you'll be even more likely to lose your job.

If this sounds like you, see a career counselor instead, and save the travel catalogs for the interlude between your awful job and a great new one.

In the meantime, listen to your own needs, and let those at work know what you require so that you can start taking control of yourself again.

If you were able to answer five of the seven questions correctly, you are aware of the nature of burnout, and can work to avoid it.

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Bridge

North dealer.
North-South vulnerable.

NORTH			
♠	8 3		
♥	A 7 4 2		
♦	K 6		
♣	A K 7 3 2		
WEST		EAST	
♠	A Q J	♠	6 2
♥	J 10 6 5	♥	9 8 3
♦	8 2	♦	A Q J 10 7 5
♣	Q J 8 4	♣	10 6
SOUTH			
♠	K 10 9 7 5 4		
♥	K Q		
♦	9 4 3		
♣	9 5		

The bidding:
North East South West
1 ♣ 1 ♦ 1 ♠ 1 NT
Pass 2 ♦ 2 ♠ Dble
Opening lead — eight of diamonds.

There Has to Be a Better Way

It does not pay to double the opponents for penalties unless you are reasonably sure of defeating the contract.
That is why you hear it said so often that you normally should not double unless you expect at least a two-trick set.
For example, let's say you double non-vulnerable opponents at four spades, expecting a one-trick set. If you are right, you gain 50 points, scoring 100 instead of the 50 you would have gotten by passing. But if you are wrong and they make four spades doubled, the opponents pick up an extra 170 points. In trying to gain 50 points, therefore, it might cost you 170.

You are thus laying odds of better than 3-to-1 that they will go down.

The mathematics are even more prohibitive if you double a partscore of two hearts or higher — if you are wrong, the opponents score a game worth hundreds of points.

In duplicate bridge, where other factors enter the calculations, a close double is made more readily. The hand shown occurred in a duplicate, and West doubled his vulnerable opponents in two spades, hoping for a one-trick (200-point) set.

He led a diamond, and East won dummy's king with the ace.

East correctly returned a trump, and West took the jack. West then led another diamond, taken by East with the ten.

East could now do nothing to defeat the contract. If he led a diamond, his side would wind up with three spades and two diamonds. And if he led a spade instead, the same result would accrue.

Declarer would eventually be able to discard his third diamond on dummy's ace of hearts. So South made two spades doubled for a score of 670 points.

However, the contract should have been defeated.

West was the player at fault. After taking the jack of spades at trick two, West should have cashed the ace and then returned the deuce of diamonds.

East would win the J-10 of diamonds, bringing his side to five tricks, and then lead the queen.

Regardless of what declarer did, West would score his queen of spades to secure the critical 200-number.

Tight doubles require tight defense.

Tomorrow: Bidding quiz.
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Family Circus • Bil Keane



Crossword

ACROSS	DOWN	DOWN
1 TV alien	1 Sandy's warning	23 Apprehend
4 Journey	2 Guitarist Kottke	27 One of the litter
8 Pal	3 Predicted al Arab river	29 Morning Watchful one
12 Old Olds	4 Shattal Arab river	30 Watchful one
13 Actress Skye	5 Kanga's kid	31 Optimistic
14 Long sandwich	6 Way-farers' refuges	33 Kosher tongue?
15 Previous	7 Rids of rinds	35 Middle of three X's
17 Jason's ship	8 Crew's rendition	38 Have a bug
18 Listening device	9 Drove incite	40 Loathe
19 Mud	10 Incite	43 Make OK for dieters
21 Middle	11 Othello, e.g.	45 De-pressed
24 Perch	16 Corrode	46 Astigmatism effect
25 In olden days	20 Succor	47 Parks or Bonheur
26 Maple extract	21 False deity	48 Dogfight battlers
28 Postpone	Solution time: 25 mins.	49 Meditative practice
32 Flockhart's McBeal	AGE AVID BILE	53 Ump
34 However	CUD DECO LOOT	54 Wish
36 It has its ups and downs	ERG DEEPSOUTH	otherwise
37 Groucho's "Tattooed Lady"	SUEDE ERA	55 Run out of steam
39 Cushion	ENDS STEMS	
41 — judicata	SKINDEEP SAIL	
	INN ASNER SKI	
	POTS KNEEDEEP	
	STOIC APSE	
	MOO PLUMB	
	DEEPSPACE SEA	
	DEAL EPTIC ERR	
	TRUE DRAT DEB	

Yesterday's answer 10-5

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15			16					17		
		18			19		20			
21	22			23		24				
25			26		27		28		29	30
32		33		34		35		36		
37			38		39		40		41	
		42		43		44		45		
46	47	48			49		50			
51				52		53			54	55
56				57					58	
59				60					61	